

ABLE Bodies Participant Homework for Session 1

Posture and Core Stability

Improving posture takes consistent effort. It does little good to do posture exercises in the morning and then slouch the rest of the day. Whenever you think about it, sit tall! Make good posture your good habit.

Tall sitting uses good posture to create balance and stability in your body. Tall sitting combines core strength with good posture. Tightening core muscles increases muscular support for the lower back. Core support combined with good posture can help reduce chronic back pain. Do four to eight Tall Sits at least three days this week.

TALL SITS

The Start

- Sit toward the edge of a chair.
- Feet are flat on the floor.
- Shoulders are over hips.
- Head is centered over shoulders.
- Chin is level.

The Moves

- Inhale. Pull the abdominal wall in and up. Lengthen the spine by lifting the ribs.
- Exhale. Stay tall. Pull the shoulder blades back and down.
- Keep breathing and hold the position 3 to 15 seconds, as able.
- Relax.
- Repeat 4 to 8 times.
- Nothing should hurt.
- Each tall sit should lift you up to be 3 to 4 inches (8-10 centimeters) taller!
- Lift your ribs, not your shoulders.

